

# **NEW YORK STATE DEPARTMENT OF HEALTH**

## **BEST PRACTICES FOR BREASTFEEDING**

### *Breastfeeding Promotion in the Workplace*

1. Visibly promote breastfeeding, e.g. posters, articles in employee newsletter
2. Health benefits cover:
  - ☐ Postpartum home visits
  - ☐ Lactation consultant services
  - ☐ Hospital grade electric pump rental
3. Maternity leave – 6 weeks minimum
4. Flexible hours and breaks; part-time or job-sharing schedules offered
5. Allow infants on site, e.g. in port-a-crib by mother's work station
6. Offer on-site child care
7. Lactation room
  - ☐ Comfortable, clean, private
  - ☐ Electric pump, sink, refrigerator
  - ☐ Resource shelf: books, pamphlets, videos
8. Breastfeeding classes on-site to address concerns about work and breastfeeding.
9. Staff Lactation Consultant to coordinate services:
  - ☐ Classes and individual counseling
  - ☐ Manage lactation facilities
  - ☐ Products (pumps, pump kits, coolers, books)
10. Working parents' support group